

A MAGAZINE FOR YOUR BODY, MIND AND SPIRIT

WomensCare

WINTER 2011
ISSUE 48

**TELEMEDICINE
IMPROVES
STROKE CARE**

**BE KIND...
IT'S
CONTAGIOUS**

**RADIO
STATIONS
GO LIVE
TO RAISE
FUNDS FOR
CHILDREN'S
MIRACLE
NETWORK**

The **BARBARA
GREENSPUN**

WomensCare

Center of Excellence



St. Rose Dominican Hospitals

A member of CHW





FREE TRINKET TRAY!

January 21st – February 6th,

Receive our elegant glass “Keeper of My Heart” dish as your gift to keep your cherished petite keepsakes in. This gift is yours free when you purchase \$100 or more of Brighton Product.

(Limit one per customer, while supplies last)

FREE SILK SCARF!

March 4th – March 20th

Scarves continue as a key trend for Spring 2011- they are a great finishing touch!!

Receive the “Spot on Scarf” as your gift when you make a single day’s purchase of \$100.00 of Brighton Product – perfect for adding a touch of whimsy to any outfit!

(Limit one per customer, while supplies last)



The Magic of Spring

Shown Clockwise from the top: Shasta Daisy Crochet Shoulderbag \$180, Upsy Daisy Key Fob \$32, Viva Bloom Shoulderbag \$200, Twister ID Card Phone Case \$56, Peony Straw Tote \$230, Dana Point Timepiece \$130, Rue de la Fleur Zip Wallet \$85, Upsy Daisy Hinged Bangle \$64, Silverlake Minibag \$165, Oz Thong \$155

The District at Green Valley Ranch 270-0100 • Town Square 369-0963

Fashion Show 731-5929 • Fashion Village at Boca Park 944-8474

Miracle Mile Shops • The Forum Shops at Caesars • The Grand Canal Shoppes at The Venetian

McCarran International Airport - Main Esplanade; C Gates; D Gates



letter

FROM THE PRESIDENT



Dear Readers,

Japan is testing a robotic nurse. Her job is to provide patients a sense of comfort and security by responding to their facial and verbal expressions.

Japan's reason for testing the robot is understandable: It is feared that in their country, there will be a shortage of healthcare professionals to care for their oldest citizens in the decades ahead. Our country – and our community – could find itself in a similar situation as our senior population continues to grow. Yet I'd still rather hire a human – with a genuine interest in easing the burdens of our elders – than a robot.

It sounds odd, but there IS a place for robotics in healthcare. At St. Rose, for instance, surgeons use the da Vinci® Surgical System to perform delicate surgeries with tiny robotic tools, and our new telemedicine “robots” will allow our neurologists to take part in patient care from remote locations. Our ministry is, however, founded on the fact that human compassion is powerful medicine that provides incomparable comfort.

St. Rose feels so strongly that compassion and empathy are healing resources – and human resources – worth nurturing that we are helping promote a kindness revolution inspired by the Josh Stevens Foundation, a local non-profit organization that exists for the “soul” purpose of promoting this virtue (see page 7). We have woven the concept of kindheartedness throughout this issue of *WomensCare* magazine. Please read on and let kindness swell inside of you.

Rod A. Davis
President/CEO, Southern Nevada Market Area
and St. Rose Dominican Hospitals

coverstory

CHILDREN'S MIRACLE NETWORK

If a sick child pulls on your heart strings, Children's Miracle Network – together with 720 AM KDWN and 102.7 FM The Coyote – hopes you will loosen your purse strings a bit to help kids facing the most challenging of diseases. Learn more about the Children's Miracle Network radiothon and a few “miracle” kids on page 17.

BE KIND . . . BE PART OF THE REVOLUTION!

There's a kindness revolution under way in southern Nevada. Don't miss your chance to be part of the feel-good uprising. Learn more about the inspiration for the movement and ways to up your kindness quotient by reading this entire edition of *WomensCare* magazine.

ST. ROSE AND MINUTECLINIC COLLABORATE FOR YOU

CVS MinuteClinic and St. Rose Dominican Hospitals have teamed up to make accessing healthcare simpler for people seeking care for common illnesses, minor injuries, skin conditions or a chronic health issue.

The six MinuteClinic locations in southern Nevada are staffed by nurses and physician's assistants and compliment the care given by a patient's primary care provider by diagnosing and offering treatment for health issues such as cold or flu symptoms, pink eye, bug bites, athlete's foot and minor cuts or sprains, as well as by offering routine wellness exams and vaccinations. MinuteClinic practitioners also assist people living with chronic conditions such as asthma or diabetes by performing routine tests, reviewing the results, and providing educational support in between their regularly scheduled doctor's visits. Patients who visit MinuteClinic and do not have a primary care physician will be given the opportunity to choose a physician that meets their needs through a resource list of primary care providers.

St. Rose will accept patients who need a level of care that is not provided at MinuteClinic and will collaborate with the clinics on patient education and disease management initiatives.

No appointments are required at MinuteClinic and most forms of health insurance are accepted.

WOMENSCARE CENTERS

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WomensCare

St. Rose Dominican Hospitals is dedicated to meeting the unique health care concerns of women and men. The Barbara Greenspun *WomensCare* Centers of Excellence and *WomensCare* magazine are our commitment to the women of Southern Nevada.

The BARBARA
GREENSPUN
WomensCare
Center of Excellence



St. Rose Dominican Hospitals

A member of CHW



Debbie Bonifazio, pictured with some of her first-grade students at John C. Vanderburg Elementary School, has always loved living in southern Nevada. Her deep feelings about her community were reinforced when she faced cancer.

A Lesson on Community

I am a mother and teacher. In total, I have 21 children. Macey, my daughter, is a beautiful, stylish, sporty seventh grader. Michael, my son, is an athletic, kind, sensitive fourth grader. My other 19 kids are all adorable, inquisitive first graders who soak up information like thirsty little sponges.

This past fall, during a geography lesson, my first graders learned to define the following terms: continent, country, state, county and city. We also worked together to define what “community” means.

We often define our community in terms of geographic areas such as “Las Vegas,” “Green Valley Ranch” or “Summerlin” or by the amenities – schools, stores, parks or hospitals – that surround and serve us. I recently had an incredible lesson on the deeper sense of community and cancer was my teacher.

Lesson #1: Community is a group of people who come together or are brought together by common values or to serve a common purpose and achieve shared goals.

My cancer story began with what I initially assumed were two unrelated symptoms: skin rash and weakness in my arms. As I busily prepared my classroom and lesson plans for the 2009-2010 school year, I dismissed these symptoms because – like most women – I put the needs of those who depend on me before my own.

Lesson #2: Listen to the messages or warning signs your body sends you and respond appropriately.

Looking back, I’m amazed that I waited until just days before the school year began to go see my internist, Dr. Monica Wall, considering that her office is located just a mile from my home. I can’t imagine what might have happened had I waited another month or two to see her.

I told Dr. Wall about my symptoms. She listened carefully, gave me a thorough physical and recommended that I have blood work done to determine if I had an autoimmune disorder. Then, as I was about to leave, Dr. Wall stopped me and gave me a physician’s order for a brain scan. She had, she said, a strong sense that an MRI was also needed to rule out a neurological issue.

Lesson #3: Invest in your education and training but also learn to listen to your instincts.

I had the MRI on my 41st birthday, and four days later, I was admitted to St. Rose Dominican Hospitals for a brain biopsy to investigate what the doctors believed to be a hematoma – a collection of blood on the surface of my brain.

Of course the news was a shock, but after my neurosurgeon, Dr. Derek Duke, talked me through the symptoms, tests and treatments,

I took a deep breath and asked him one question: What course of treatment would you recommend if your wife – the mother of your children – were sitting in this chair? Without hesitation, he said, “I would remove it.”

Lesson #4: When making decisions that affect others, put yourself in their shoes.

While brain surgery isn't a birthday present one wishes for, I wasn't particularly upset or frightened when I went into surgery. I was confident in Dr. Duke and I kept telling myself “it could be worse ... at least it's not cancer.”

The next day I was given the news that I did, in fact, have a fast-growing form of lymphoma – and because the mass on my brain was somewhat unusual, it wasn't clear whether or not it was treatable. The biopsy from my brain needed to be studied.

The following five days were agonizing. My parents (and other family members) were at my side throughout the wait, which was comforting but, at the same time, somewhat unsettling because I didn't know my prognosis. All I could think about were my children and my role as a mom. I wanted nothing more than to know that I – like my parents – would have the opportunity to be a constant, supportive presence in my kids' lives far beyond their childhood years. I prayed, which is not something I did consistently before.

My lymphoma turned out to be treatable.

Lesson #5: Pray for help and guidance and give thanks for your blessings.

My cancer treatment took more than nine months. Some treatments required up to 10 days of hospitalization – and there were others that I could have done at home which would have allowed me to see Macey and Michael off to school each morning and help them with their homework at night. That, however, is when I experienced the incredible spirit of my community.

My community came together for my family. Whether it was seeing that my kids got to school or team practices, we were offered so much support that I had the freedom to focus on getting well. As such, I chose to gather up my pillow and blanket and make St. Rose my home for every one of my treatments. I truly did feel at home at St. Rose. The hospital is beautiful – like a five-star hotel – and the kind, compassionate nurses and staff (including Christian, the nutrition services aide who brought me Dove bars each day) made sure my every need was met.

Lesson #6: Ask for and/or accept the gracious help of others when you truly need it.

It sounds so cliché, but your life really CAN change in a split second. Mine did. Cancer has taught me to focus on my good fortune, it's helped me distinguish between “big” and “small” problems and it's given me the wisdom to help my students start to grasp what community really means.



Debbie Bonifazio teaches her students about the concept of community.

I'd like to thank Dr. Wall, Dr. Duke, and my incredible oncologist, Dr. Russell Gollard, as well as St. Rose Dominican Hospitals' doctors, nurses and employees. They are a community of very caring, very skilled healthcare professionals. Because of the life-saving care they gave me, I recently returned to the Siena Campus to sit at my mom's bedside when she was hospitalized. I feel blessed to be here to hold her hand.

With heartfelt thanks to my entire community,

– Debbie Bonifazio **WC**

Kindness is ... a hug. Elementary students in Clark County soon will celebrate the 100th day of school, and they will mark the occasion in many ways. Some kindergartners, for instance, will work to collect 100 hugs from their family and close friends over the course of five days. Consider how giving or receiving 100 hugs might make you feel. Would it bring a smile to your face? Lighten your emotional load? Make you feel more secure, more accepted, more loved? It makes kindergartners feel cheerful and accomplished.

Water should not be like a box of chocolates.

As SNWA Lab Manager, Linda Blish makes sure our water meets or surpasses federal drinking water standards – with no surprises. Linda oversees a busy, highly trained staff. Did we mention busy? Together, they analyze our water 500,000 times a year.

If you have questions about water quality – or if you're looking for a supplemental water treatment system – contact the SNWA. No one knows more about water quality than your local water agency.

Go to snwa.com, or call 258-3930.



SOUTHERN NEVADA WATER AUTHORITY



Josh Stevens

When a child receives a kindness card it is evidence that he or she was caught being kind.



How Full Is Your Bucket?

Imagine that you carry an invisible bucket with you every day – and that it is constantly filled or emptied based upon what others say or do to you. That’s the premise of Tom Rath’s book, *How Full is Your Bucket?*

Rath surmises that when your bucket is empty – on any given day or for stretches of time – you’ll likely feel awful. If your bucket is full, it’s more likely that you’ll feel fantastic. Now imagine that you also have an invisible dipper that you can use to take from or to fill the buckets of others. How would you use it?

Josh Stevens chose to use his dipper for the right reasons

Josh Stevens, a sixth grader with a love for baseball, had a bucket big enough to hold 100 balls, and his dipper was easily as large as his bat. He used his dipper to fill up the buckets of others every day through his exceptional kindness. In return, the smiles and pats on the back he received kept his own bucket brimming over.

When Josh died in a tragic accident, his family felt incredibly empty, but his father Drew says, “Our family has been humbled by the level of kindness and support our community has shown us.” The community, in essence, tried to help fill the Stevens’ bucket by sharing stories about how Josh’s kindness touched their lives.

Kids are being caught obeying the Golden Rule

After Josh’s death in 2008, his family started the Josh Stevens Foundation based on the philosophy that the kindness of children deserves recognition in order to inspire more children to be more kind, more often.

Today, kids across the valley risk getting caught being kind while participating in school, sports and other extracurricular activities. If they are, they receive a tri-fold gift card that includes a poem about kindness, a Josh Stevens Foundation shoelace, charm and a gift card donated by a child friendly business/sponsor. More than 60 area schools have joined the “kindness revolution” and have developed their own unique ways of rewarding kids who obey the Golden Rule – treating others as they wish to be treated – or perform other acts of kindness. At Kay Carl Elementary School, for instance, kids receive “Be Kind” backpack tags and earn the opportunity to dine in the Kindness Café, a special area – with a catered lunch – that is set up on the multi-purpose room stage.

Kindness is rubbing off on those who are “kids at heart”

Lauren Frydman, the counselor – and Be Kind coordinator – at Kay Carl Elementary School believes the Josh Stevens Foundation is providing schools invaluable support in nurturing kindness and empathy among children. An added bonus, she says, is that as parents learn about the kindness revolution taking part in area schools, they are becoming more conscious about modeling kindness for their kids. WC

TO LEARN MORE ABOUT HOW TO JOIN THE KINDNESS REVOLUTION, VISIT JOSHSTEVENSFOUNDATION.ORG.

continued on page 9



*One life saved.
So many lives
affected.*

One out of eight women will face breast cancer in her lifetime. Which means one out of eight wives, sisters, aunts, daughters and mothers will be stricken. When breast cancer strikes one of us, whole families suffer.

Early detection is the closest thing we have to a cure. 95% of breast cancer patients survive when breast cancer is detected and treated before it spreads to other parts of the body. At Comprehensive Cancer Centers of Nevada, we treat more than 4,000 breast cancer patients every year.

Think of the eight women who matter most in your life. Imagine one of them with breast cancer, and you can begin to feel the urgency of this mission.

The Breast Surgery Specialists at Comprehensive Cancer Centers of Nevada are committed to the healing of our patients and the well-being of their families.



COMPREHENSIVE
CANCER CENTERS
OF NEVADA

ccnevada.com

UCLA Jonsson Comprehensive Cancer Center

 United in Healing with US Oncology

The Breast Surgery Specialists at Comprehensive Cancer Centers of Nevada

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Other Comprehensive Cancer Center Treatment Centers

Central Valley
3730 S. Eastern Avenue
Las Vegas, NV 89169
702.952.3400

Pediatrics
3196 S. Maryland Pkwy.
Suite 400
Las Vegas, NV 89109
702.688.6180

Henderson
10001 S. Eastern Avenue
Suite 108
Henderson, NV 89052
702.952.3444

Southeast Henderson
1505 Wigwam Parkway
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9280 W. Sunset Road
Suite 100
Las Vegas, NV 89148
702.952.1251

Northwest
7445 Peak Drive
Las Vegas, NV 89128
702.952.2140

Summerlin
655 N. Town Center Drive
Las Vegas, NV 89144
702.233.2200

Outreach Center
999 Adams Boulevard
Suite 103
Boulder City, NV 89005
702.293.0357

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HOW FULL IS YOUR BUCKET? AND OTHER GREAT BOOKS.

Looking for a way to nurture kindheartedness in your kids? Below is Lauren Frydman's short list of books that she recommends reading with your child.

- *How Full is your Bucket for Kids*, Tom Rath
- *Charlie the Caterpillar*, Dom DeLuise
- *Kindness is Cooler*, Mrs. Ruler, Margery Cuyler
- *Ordinary Mary's Extraordinary Deed*, Emily Pearson
- *One Smile*, Cindy McKinley

ARE YOU AS KIND AS A FIFTH GRADER?

Here are just a few ways that Kay Carl Elementary students display kindness.

"I say 'Thank you' when someone helps me." ~ Hailey Cleveland

"I make sure to give a compliment to someone every day." ~ Sydnie Lucas

"I say hello to people in the morning." ~ Lana Roberts

"I help others stay out of trouble, including me." ~ Markell Smith

"I make sure to clean up after myself." ~ Drashia Potts

"I help people after they are let down, bullied, etc... I also pass along kindness." ~ Joshua Massena

**Be Kind . . .
Be Compassionate.**
Phuong Lam's compassion for the physical pain and emotional suffering of children and their families make her a much-loved pediatric oncology nurse at St. Rose.



STOP BULLYING!

When someone does something nice "just because," it's often referred to as a random act of kindness. When it comes to bullying, however, the aim to hurt, scare or embarrass someone is intentional and usually not limited to a single incident.

Some forms of bullying are easy to identify such as when someone purposely hurts another person they have power over. It can also be more subtle such as when someone purposely leaves a person out or repeatedly says mean things behind someone's back. Following are steps kids can take to stop or reduce bullying.

Do Consider the Feelings of Others. If you feel like acting out negatively against someone, ask yourself how you might feel if someone made fun of you, pushed you around, talked behind your back or actively worked to exclude you from activities.

Don't Bully Back. If you – or a friend – are being bullied, e.g., someone is threatening you, repeatedly pushing you around or posting mean comments about your friend on Facebook, don't retaliate with equally unkind words or actions. It may only make matters worse.

Don't Be an Agreeable Bystander. If you witness someone being bullied, don't stand by and watch – and laugh or egg the bully on. Speak up and suggest that the bully move on. Or at the very least, walk away so that the bully doesn't have an agreeable audience.

Do Speak Up. If you feel safe speaking up, tell the bully or bullies that the behavior is wrong – or isn't funny. If you don't feel safe speaking up to the bully, talk to an adult (a teacher, counselor or parent) about the situation. Enlist the support of a friend who also disagrees with what is happening if you are afraid to report bullying on your own.

Do Offer Kind Words. If you are afraid to speak up in an effort to stop the bullying, offer the person who is being bullied kind words and let them know you don't agree with what's happening.

Do Talk To Your Parents. Talk the situation and your feelings out with your parents. It may help ease your worries and they can help come up with constructive ways to address bullying.

february • march • april

Call 616-4900 for information, reservations and to learn about other programs.

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infants, children & parenting

ongoing family education

location abbreviations

COND - Siena Campus - Conference Room D, Henderson

FTF - Family to Family Connection, Henderson

HEND - WomensCare Center, Henderson

HH - St. Rose Home Health, Henderson

MAC - Siena Campus - MacDonald Room, Henderson

RAN - Rose de Lima Campus - Annex, Henderson

RDL - Rose de Lima Campus, Henderson

RDR - Rose de Lima Campus - Rose Room, Henderson

SAN - San Martín Campus, Las Vegas

SGR - Siena Campus - Garden Room, Henderson

WEST - WomensCare Center, Las Vegas

health & wellness

What to Expect When You Are Aging

Baby Boomers and/or Sandwich Generation . . . Develop your "essential toolkit" for aging gracefully.

Saturday, March 5; 10:30-11:30 a.m.

WEST

Senior Peer Counseling

Over 50? Need a trained peer counselor to listen? Call 616-4900 for appt.

HEND:WEST:RDL:SAN

NEW! Social Seniors Circle

Join other active 50+ seniors for fun, socializing and what's what in Vegas.

3rd Mondays – Feb. 21, March 21, April 18; 6-7 p.m.

HEND

3rd Thursdays – Feb. 17, March 17, April 21; 2-3 p.m.

WEST

Healing with Rhythm Drum Circle

Bring a healthy food item to share.

1st Friday – Feb. 4, March 4, April 1; 6:30-8 p.m.

HEND

Knit To Heal

Knit prayer shawls for patients and loved ones. Yarn donations appreciated!

Do you have a friend or loved one who is sick? Stop by the center and pick up a prayer shawl for them.

2nd & 4th Thursdays – Feb. 10 & 24, March 10 & 24, April 14 & 28; 1-3 p.m.

WEST

Balancing Energy Fields

Join Goldie to release the past and embrace the future through EFT, sound therapy and meditation.

2nd Tuesday – Feb 8, March 8, April 12; 6:30-8:30 p.m.

WEST: \$5 per session

Relaxation Meditations

Practice techniques that promote peace and good health.

Tuesdays – Feb. 8, March 8, April 12; 5:30-6:30 p.m.

HEND

Tuesdays – Feb. 1, March 1, April 5; 6-7 p.m.

WEST

Nourish Your Soul

Join Susan Provost for enlightening topics and a cup of tea.

Thursday, Feb. 24; 2-4 p.m. – Facing Life's Challenges: Things to Remember

Thursday, April 28; 2-4 p.m. – Goal Setting: Who Do You Want to Be?

HEND

Tuesday, Feb. 22; 2-4 p.m. – Facing Life's Challenges: Things to Remember

Tuesday, April 26; 2-4 p.m. – Goal Setting: Who Do You Want to Be?

WEST

Labyrinth Meditation - Spring Equinox

Celebrate the changing of the season with a meditative labyrinth walk.

Friday, March 18; 6-8 p.m.

SAN: Labyrinth next to ER – Enjoy the Labyrinth any time; available 24 hours/7 days a week.

Positive Self Talk

What you say to yourself counts! Christine Essex will help you turn those negative words into powerful, positive results.

Tuesday, March 15; 6-7:30 p.m.

HEND

Intention Collage

Allow your creativity to flow as you create a visual story board of your dreams, hopes and future desires.

Wednesday, March 30; 6-8 p.m.

WEST: \$5 (includes materials)

Medicare ABC's

Decipher the Medicare maze and learn how to maximize the benefits of Medicare for you and your family.

Tuesday, Feb. 8, March 8 or April 12; 9-10 a.m.

HEND



WinterCalendar

of classes and upcoming events

Tea & Talk Book Club

Call 616-4900 for monthly book titles.

3rd Thursday – Feb. 17, March 17, April 21; 2:30-3:30 p.m.

HEND

Girl Talk

Mothers and daughters (10-14 yrs.) join Carol Allen, R.N., to discuss female puberty.

Thursday, March 31; 6-7 p.m.

HEND

Help Helping Hands!

Needed: Volunteers to drive Henderson seniors to doctor's appointments, errands and grocery shopping. Call 616-6554 if you can help.

exercise & fitness

Ballroom Dancing

Dance like the stars with on going Arthur Murray dance lessons. Call 269-5200 for more information.

Thursdays – 11 a.m.

HUMANA GUIDANCE CENTER: 1000 N. Green Valley Pkwy., Ste. 720: FREE

Beginner Pilates

Mondays & Wednesdays – 11:15 a.m.- noon with Janice

HEND: \$5 per session or 5 sessions for \$20

Zumba Latin Fitness

Saturdays – 9-10 a.m. with Linda

HEND: \$5 per session or 5 sessions for \$20

Mondays & Thursdays – 6:15-7:15 p.m. with Lucy

WEST: \$5 per session or 5 sessions for \$20

Beginner Yoga

Saturdays – 11:30 a.m.-12:30 p.m. with Lynn

HEND: \$5 per session or 5 sessions for \$20

Belly Dancing

3rd Saturday – Feb. 19, March 19, April 16; 10-11 a.m. with Linda

HEND: \$5

2nd Saturday – Feb. 12, March 12, April 9; 10:30-noon with Goldie

WEST: FREE

Walk This Way: Walking Club

All ages and fitness levels (and strollers) welcome.

Mondays & Thursdays – 8:30-9:30 a.m.

Call 616-4900 for meeting location: FREE

Gentle Yoga

Wednesdays, Thursdays & Fridays – 9-10 a.m. with Jeannine

HEND: FREE

Mondays & Wednesdays – 9-10 a.m. with Sharon

WEST: \$5 per session or 5 sessions for \$20

Healing Yoga

Mondays – 5-6 p.m. with Don

HEND: \$5 per session or 5 sessions for \$20

Mondays – 5-6 p.m. with Jen

WEST: \$5 per session or 5 sessions for \$20

Mixed-Level Yoga

Tuesdays – 6-7 p.m. with Don

Fridays – 9-10:15 a.m. with Jen

WEST: \$5 per session or 5 sessions for \$20

Saturdays – 9-10 a.m. with Lynn

WEST: FREE

Ageless Woman Workout: Osteoporosis Exercise

Learn breathing, yoga and movement techniques that target the woman's aging zones.

Tuesdays & Thursdays – 9-9:45 a.m. with Jeannine

HEND: \$5 per session

Tai Chi

Join Stella Huang to learn the Chinese martial art that creates balance and a sense of well-being.

Beginner: Wednesdays – 1:30-2:30 p.m.

Intermediate & Fan Class: Wednesdays – 2:30-3:30 p.m.

Advanced: Wednesdays – 3:30-4:30 p.m.

HEND: \$3 per session or 10 sessions for \$20

Mixed Level: Thursdays – 10-11 a.m.

WEST: \$3 per session or 10 sessions for \$20

nutrition

Nutrition Consultations

Meet one-on-one with a Registered Dietitian for: carbohydrate counting, weight goals, metabolic testing, meal planning, diabetes type 1, 2 and gestational, renal disease, heart disease, hyperlipidemia, hypertension, nutritional guidelines. All insurances welcome and cash discounts available. Call 616-6545 for an appointment and pricing.

March: National Nutrition Month - Hormones and You

How can the foods we eat, our environment and our stress affect our hormones? Dr. Simong Youmans will explain the diet connection to hormone balancing.

Thursday, March 31; 11:30 a.m.-1 p.m.

MAC: FREE (includes lunch)

Carbs. The New Evil?

Learn from Dr. Dominic Riccardi what happens to different kinds of carbohydrates once they enter your body and how they affect your metabolism and appetite. Explore low carbohydrate diets, their safety, efficacy and psychological impact. Everyone can learn, but this is a must program for individuals with a family history of diabetes, pre-diabetes and polycystic ovarian syndrome.

Thursday, March 17; 2-3:30 p.m.

SAN: FREE (includes snack)

DASH Away From Hypertension

Learn the Dietary Approaches to Stop Hypertension developed by the USDA.

Friday, March 4; 9:30-11:30 a.m.

WEST

Cardiac Nutrition

Learn how to eat for your heart's health.

Wednesday, March 9; 2-3:30 p.m.

HEND

Tuesday, March 8; 2-3:30 p.m.

WEST

Emotional Eating

Identify personal triggers and practice new skills to stop emotional eating. Taught by Dr. Lindsey Riccardi, clinical psychologist.

Wednesday, March 16; 6-7:30 p.m.

WEST

Fire Up Your Metabolism

Join Dr. Dominic Riccardi to boost your metabolism to burn more calories.

Wednesday, March 23; 6-7:30 p.m.

WEST

screenings

Call 616-4900 For Screening Appointments.

Vein Lecture and Screening

Join Drs. Irwin Simon and Eugene Porecca, Vegas Valley Vein Institute, about current updates and non-surgical treatments for venous and varicose veins. Free vein screening.

Wednesday, March 2; 6-7:30 p.m.

HEND

HEART HEALTHY LECTURES, SCREENINGS AND BREAKFAST

Join Dr. Sean Ameli and Dr. Robert Wiencek to learn about causes of heart disease, simple prevention methods and the latest minimally-invasive treatments.

Thursday, Feb. 24; 8-11:30 a.m.

• 8-10 a.m. – Lab Screenings (fast for 12-hours) – Total Cholesterol-Free; Lipid Panel-\$30; A1C-\$10; Glucose-\$5

• 8-10 a.m. – Blood Pressure-Free; Body Fat & Body Mass Index; Free; Carbon Monoxide-Free; 3-Lead Heart Rhythm Strip-Free

• 8-10 a.m. – Heart Healthy Breakfast Buffet: FREE

• 10-11:15 a.m. – Lectures: Dr. Ameli - Causes, Prevention; and Dr. Wiencek - Minimally Invasive Treatments

SAN: Seating is limited! Call 616-4900 for reservations.



february • march • april

Call 616-4900 for information, reservations and to learn about other programs.

AVOID A MID-LIFE COLORECTAL CRISIS!

Over 50? Join St. Rose, Dr. Frank Nemecek and the Nevada Cancer Coalition for lunch and a lecture on why colorectal cancer screening – including colonoscopy – counts! Also receive a free EZ detect kit (or stop by a WomensCare Center to pick up a kit).

Tuesday, March 29; 11:30 a.m. – 1 p.m.

SIENA CAMPUS: MacDonald Conference Center

Thursday, March 24; 11:30 a.m. – 1 p.m.

SAN MARTIN CAMPUS: Aljian Conference Center

Seating limited. Call 616-4900 to RSVP.



Health Screenings

Total Cholesterol \$5, Lipid Panel (LDL, HDL, triglycerides) \$30, Liver Panel \$10, Glucose \$5, PSA \$10, Thyroid panel (TSH, T3 & T4) \$15, A1C (diabetes) \$10. A twelve-hour fast is required.

Tuesday, March 15; 7-10 a.m.

HEND: Listed above

Tuesday, April 19; 7-10 a.m.

WEST: Listed above

How High Is Your CO?

Smoke? Exposed to smoke? Get a free carbon monoxide screening to measure the concentration of CO.

Tuesday, March 29; 1-3 p.m.

HEND: FREE

Tuesday, April 12; 1-3 p.m.

WEST: FREE

Do You See What I See?

Join The Shepherd Eye Center for a free eye screening. Check your current prescription; learn about Glaucoma and other eye ailments.

Monday, March 21; 10 a.m.-noon

HEND: FREE

Thursday, April 21; 10 a.m.-noon

WEST: FREE

Peripheral Vascular Disease Screening

St. Rose Radiology Department will screen you for PVD.

Thursday, April 7; 8 a.m.-noon

HEND, Rehab Suite 140: FREE

R.E.D. Rose

Uninsured or underinsured? 49 or younger? You may qualify for a free mammogram. Call 616-7525. Funded by Susan G. Komen for the Cure and the National Breast Cancer Foundation.

integrative medicine

Reiki Healing Circle

Experience Reiki energy through a monthly healing circle.

1st Thursdays – Feb. 3, March 3, April 7; 1:30-2:45 p.m. with Freddie

HEND

1st Tuesdays – Feb. 1, March 1, April 5; 7-8 p.m. with Freddie

WEST

Reiki Healing Consultations

Touchless energy work with Ms. Freddie. Schedule 30 or 60 minutes. Call 616-4900 for appointments.

Tuesdays – Feb. 8, March 8, April 12; 1:45-3:15 p.m.

HEND: \$30-30 mins.; \$60-60 mins.

Call 616-4900 for appointment on the West side.

WEST: \$30-30 mins.; \$60-60 mins.

Reflexology Foot Massage

Schedule 30 or 60 minutes with Sarah Wagner.

Mondays – Feb. 21, March 21, April 25; 9:30 a.m.-12:30 p.m.

Fridays – Feb. 11, March 11, April 15; 2:45-5:30 p.m.

HEND: \$30-30 mins.; \$60-60 mins. Call 270-6313 or e-mail sarah@baresoles.us.

WEST: \$30-30 mins.; \$60-60 mins. Call 616-4910 for appointment.

Lay Down And Lose Weight With Hypnosis

Bring your pillow.

Wednesday, March 9, 6-8 p.m.

WEST: \$25 (includes CD)

Thursday, March 24 or Wednesday, April 20; 6-8 p.m.

HEND: \$25 (includes CD)

smoking cessation

Nevada Tobacco Users Helpline 1-800-QUIT-NOW (1-800-784-8669)

When you are ready to quit smoking, a trained and experienced professional counselor will work with you to develop an individualized plan based on your level of addiction and other factors.

Freedom From Smoking

Seven-week American Lung Association smoking cessation program in a supportive setting.

Wednesdays - March 16, 23, 30, April 6, 13, 20, 27 & Friday,

April 8; 5-7:30 p.m.

SGR: FREE

Relax and Stop Smoking With Hypnosis

Wear comfortable clothes.

Wednesday, March 30; 6-8 p.m.

HEND: \$25 (includes CD)

health conditions

Healthy Aging: Up2Me

Learn how to live with a chronic condition through goal setting, overcoming barriers, practical exercises, relaxation techniques and more by attending the FREE six-week Stanford Chronic Disease Self Management Program. Call 616-4900 for locations, dates and times.

Diabetes Awareness Treatment & Education

A comprehensive diabetes class accredited by the American Diabetes Association. All insurances welcome and cash discounts available. Call 616-6545 for pricing and registration.

Tuesday & Wednesday – Feb. 8 & 9, March 8 & 9 or April 12 & 13; 9 a.m.-1 p.m.

Tuesday & Wednesday – Feb. 22 & 23, March 29 & 30 or April 26 & 27; 5-9 p.m.

HH

Vision Correction through Cataract Surgery

Dr. Paul Casey, Nevada Eye Care Professionals, can help clear up the fuzziness regarding the affects of cataracts and the pros and cons of the various types of lenses used for clear vision.

Thursday, Feb. 17; 6-7 p.m.

WEST



PARKINSON'S DISEASE 101

Join Dr. James Forage – and special presenters from the Muhammad Ali Parkinson Center at Barrow Neurological Institute* – for a FREE two-day course for people with Parkinson's Disease and their families. Learn basic neurology and the symptoms of Parkinson's Disease, medication, nutrition, exercise, and non-motor symptoms such as sleep disorders and depression, care giving, how to talk to your doctor and other topics. Pre-registration is required, call 616-4900.

Thursday & Friday, March 3 & 4; 10 a.m.-3 p.m.
SAN: FREE

*Barrow Neurological Institute of CHW/St. Joseph's Hospital and Medical Center in Phoenix, Arizona

WinterCalendar

of classes and upcoming events

**UNINSURED? CALL
ACCESS TO HEALTHCARE
1-877-385-2345**

The Aging Eye

What effects do diabetes, high blood pressure, glaucoma, dryness and the development of cataracts have on the eye? Dr. Todd Jackson, Nevada Eye Care Professionals, will explain your eyes health and your post operative vision.

Wednesday, March 23; 6-7 p.m.

HEND

Migraines! Migraines!

Dr. Abraham Nagy breaks down the mysteries of migraines. New understanding, new therapies. What to do and where to go for help.

Tuesday, April 26; 6-7:30 p.m.

HEND

Alzheimer's Association Lectures

Facilitate with Christine Terry.

Tuesday, March 22; 1-3 p.m. – Choosing the Care That is Right For You

Tuesday, April 12; 1-3 p.m. – Legal and Financial Planning For Alzheimer's

HEND

Preventing Childhood Obesity: Strategies for Parents

Parents learn from Dr. Carrie Sheets, psychologist, the risk factors that can contribute to childhood obesity. Discuss ways to help your children develop healthy eating and physical activity habits.

Monday, April 18; 6-7:30 p.m.

MAC

Lower Cholesterol With TLC (therapeutic lifestyle changes)

Tuesday, April 26; 1-4 p.m.

HEND

Cancer Quality of Life Center

Cancer patients, visit our ACS center for wigs, hats, turbans and support. Call 616-4910 for appointment.

WEST

Breast Cancer Prosthesis & Bra Fittings

Uninsured? Receive a free fitted bra and prosthesis provided by a grant from the Susan G. Komen for the Cure, Southern Nevada Affiliate. Call 568-9595.

safety & injury prevention

Heartsaver CPR/AED

Learn American Heart Association adult, child, infant CPR, AED and choking. Two-year certification for the nonhealth care provider.

Saturday, Feb. 12; 10:30 a.m.-2:30 p.m.

Saturday, April 9; 10:30 a.m.-2:30 p.m.

HEND: \$30 (includes AHA cert. card)

Friday, Feb. 4; 5-9 p.m.

Saturday, March 26; 10 a.m.-2 p.m.

Wednesday, April 13; 5-9 p.m.

WEST: \$30 (includes AHA cert. card)

BLS Healthcare Provider CPR/AED Course

Learn American Heart Association adult, child, infant CPR, AED and choking. Two-year certification for all health care providers. Initial Certification.

Saturday, March 12; 10:30 a.m.-2:30 p.m.

Wednesday, April 6; 5-9 p.m.

HEND: \$50 (includes AHA cert. card)

Saturday, Feb. 26; 10 a.m.-2 p.m.

Thursday, March 17; 5-9 p.m.

WEST: \$50 (includes AHA cert. card)

Worksite CPR & First Aid Classes

Group AHA CPR, AED & First Aid classes offered at your place of employment. Meets OSHA and other job requirements for schools and daycares for a 2-year certification. Call 616-4914 for group on-site training fees and scheduling.

AARP Driver Safety Program

Over 50? Reduce your car insurance rates with this safe driving program.

Mondays – Feb. 7, March 7 or April 4; 9 a.m.-1 p.m.

Fridays – Feb. 25, March 25 or April 22; 1-5 p.m.

HEND: \$12 for AARP members \$14 for non members (check only)

Safe Sitter

Youth ages 11-16 learn safe, nurturing childcare techniques and medical emergency techniques.

Monday, April 18; 9 a.m.-4:30 p.m.

HEND: \$30 (includes lunch)

Sexual Assault Prevention

Learn "how not to" become a target for sexual assault and basic self protection moves from Officer Michael Metzger, Henderson Police.

Saturday, March 26; 10 a.m.-2 p.m.

RAN

programas en español

¿Necesita a una Doctor Que Hable Español? Llame al 616-4999

Para obtener informacion sobre las clases y recursos en español, por favor llame a 702-564-0896

breastfeeding

St. Rose WIC Nutrition Program

Healthy food, nutrition and breastfeeding consultations and breastpumps for pregnant women and children up to age 5. Call 616-4901.

HEND; WEST

Breastfeeding Helpline 616-4908

Certified Lactation Consultants or Counselors can address your breastfeeding questions and concerns.

Breastfeeding Consultations

Call 616-4908 for a private appointment with a Board Certified Lactation Consultant or Certified Lactation Counselor.

HEND; WEST: \$40 for St. Rose Dominican Hospitals patients; \$50 for all other clients. \$10 for follow-up appointments.

Baby Weigh Stations

Free weight checks. No appointment necessary. HEND; WEST; FTF

Breastpump Rentals

Rent or buy based on your needs and budget. We rent the Medela Lactina and Symphony and carry a full line of Medela breastpumps for purchase. HEND; WEST

New Mommy Mixer

Wednesdays – 11 a.m.-noon

WEST

Fridays – 11 a.m.-noon

HEND

La Leche League

Thursdays – Feb. 17, March 17, April 21; 10-11 a.m.

FTF



HERB DAY

SATURDAY, MAY 7; 10 A.M. - 4 P.M.

Come spend the day and celebrate herbs and their many uses. Educational booths and lectures. Bring your cloth bag and shop at the Farmer's Market; 10 a.m. - 2 p.m.

- 10:15 a.m. Chinese Herbs & Acupuncture
- 11:15 a.m. Intricacies of Ayurveda
- 11:45 a.m. Growing Herbs
- 12:15 p.m. Cooking with Medicinal Spices & Cooking demo
- 1:30 p.m. Growing a Garden in Containers
- 1:45 p.m. Using Herbs Safely with Medication
- 2:45 p.m. Energetics of Herbs

SAN: Conference Center & Healing Garden: \$4 Herb Day lunch in the Café. Call 616-4900 for reservations.

february • march • april

Call 616-4900 for information, reservations and to learn about other programs.

support groups

COND - Siena Campus - Conference Room D, Henderson
FTF - Family to Family Connection, Henderson
HEND - WomensCare Center, Henderson
HH - Home Health, Henderson
MAC - Siena Campus - MacDonald Room, Henderson
SAN - San Martín Campus, Las Vegas
SGR - Siena Campus - Garden Room, Henderson
RDL - Rose de Lima Campus, Henderson
RAN - Rose de Lima Campus - Annex, Henderson
WEST - WomensCare Center, Las Vegas

AA for Women – Mondays, 7:30 p.m. & Wednesdays, Noon **HEND**, Mondays, Noon **WEST**

AA Co-ed – Saturdays, 6 p.m. & Sundays, 6 p.m. **RAN**; Thursdays, 7 p.m. **SGR**; Sundays, Mondays, Tuesdays, Fridays, 7 p.m. **SAN**

Alzheimer's Support Group – 4th Tuesday, 4:30 p.m. **HEND**

Bereavement Support Group – 2nd & 4th Wednesdays, 6 p.m. **HEND**

Breast Cancer Support – 2nd & 4th Mondays, 6 p.m. **HEND**

CCFA Support Group – 3rd Sunday, 2 p.m. **RAN**

Co-dependency (CODA) – Thursdays, Noon **HEND**

Daughters Without Mothers – 1st Thursday, 6:30 p.m. **HEND**

Diabetes Support – 1st Wednesday, 10 a.m. **HH**

Eating Disorders Recovery Support – 1st Saturday, 9:15 a.m. **SGR**

Fibromyalgia Friends – 3rd Thursdays, 6:30 p.m. **HEND**

Gamblers Anonymous – Tuesdays, 6 p.m.; Fridays, 7 p.m.; Saturdays, 6 p.m. **COND**

Henderson Mothers of Multiples – 3rd Thursdays, 7 p.m. **MAC**

Infertility Support Group – 2nd Monday, 6 p.m. **SAN**

Interstitial Colitis – 2nd Wednesday, 7:30 p.m. **HEND**

Leukemia & Lymphoma – 2nd Thursday, 6:30 p.m. **HEND**

Multiple Sclerosis Support Group – 3rd Wednesday, 7 p.m. **HEND**

Narcotics Anonymous – Wednesdays, 5:30 p.m. **COND**; Wednesdays, 7 p.m.; Thursdays, 7:30 p.m. **SAN**

Pediatric Seizure & Epilepsy Support Group – 2nd Monday, 6:30 p.m. **MAC**

Pregnancy Loss Support Group – 4th Tuesday, 7 p.m. **SGR**

Senior Peer Counseling – Call 616-4902. **HEND, WEST, RDL**

Stroke Support Group – 3rd Tuesday, 4 p.m. **HEND**

Social Seniors 50+ – 3rd Monday, 6 p.m. **HEND**; 3rd Thursday, 2 p.m. **WEST**

Surviving Suicide Bereavement Support Group for Adults – 1st & 3rd Tuesdays, 6:30 p.m. **HEND**

Transitions – 1st Tuesday, 11 a.m. **HEND**

Widows Support – 1st & 3rd Tuesdays, 2 p.m. **HEND**



WIC = GOOD FOOD + GOOD HEALTH

That's the motivation behind the Women, Infants & Children (WIC) program which provides nutritional education, one-on-one nutritional counseling, healthy food vouchers, as well as breastfeeding support and supplies for income-eligible pregnant women, new moms and children from infancy until their 5th birthday.

Healthy Habits for Everyone, Everyday. WIC moms and children team up with Sesame Street's Elmo to achieve good health by learning important concepts about "always" foods, "sometimes" foods and the fascinating food rainbow.

To Learn about the WIC program and eligibility, call 616-4905 or visit either of the WomensCare Centers.

NEVADA INFANT IMMUNIZATION WEEK EVENT

For children 6 weeks to 6 years old
• immunizations • dental exams • vision exams • hearing and lead testing • car seat safety checks • nutrition and breastfeeding information • meet the pediatrician. Free lunch and giveaways. Call 616-4901 to register.

Wednesday, April 27; 11 a.m.-2 p.m.
SAN

QUARTERLY CHILDHOOD IMMUNIZATION CLINIC

Ages 6 weeks to 6 years old.
Friday, March 4; 9 a.m.-1 p.m.
HEND: Call 568-9601 to register.
2nd Wednesday - beginning April 13; 10 a.m.-2 p.m.
WEST: Call 619-4900 to register.

pregnancy & childbirth

Log on to www.strosehospitals.org for class dates and more information.

Pregnant and Uninsured?

Call Baby Rose at 568-9074. Pregnancy and childbirth classes are free for Baby Rose participants. To sign up for classes, call 616-4910.

Childbirth Express

This class provides the most important information on childbirth education condensed into 5 hours for those with busy schedules. Join our childbirth instructor and learn more about labor, medical procedures and cesarean birth.

Saturdays – Feb. 12, March 12 or April 9; 9 a.m.-2 p.m.

HH: \$35

Sweet Peas NICU Support Group

Parent educational support.

Wednesdays – 1-2 p.m.

SGR

Prenatal Yoga

Bond with your baby and trust the birthing process; Cindy Lydon, certified whole birth prenatal yoga instructor.

Saturdays – 12:30-1:30 p.m.

HEND: \$3 per class or 8 sessions for \$20

Mondays – 5:15-6:15 p.m.

WEST: \$3 per class or 8 sessions for \$20

Natural Family Planning

Learn natural ways to achieve or avoid pregnancy; Mickey Bachman, RN, and certified fertility care specialist.

Tuesday, Feb. 15; 6-8 p.m.

WEST

Wednesday, March 9; 6-8 p.m.

WEST

infants, children & parenting

Call 568-9601 for FTF programs

Call 616-4900 for HEND & WEST programs

Dancing with Miss Jenny®

Miss Jenny uses homemade, creative props to bring out desired movements from children to develop gross motor, fine motor and cognitive skills. Parents participate with children (ages 18 months to 5 years) while bonding and achieving developmental milestones. Call 616-4900 to register.

Tuesdays – 1-1:30 a.m.; 3-5 years old

Thursdays – 11:15-11:45 a.m.; 18 months-3 years

HEND: FREE

Toddler Zumba

Experience the exciting rhythm of Latin music and movement with your toddler.

2nd & 4th Mondays – Feb. 14 & 28, March 14 & 28, April 11 & 25; 4:30-5 p.m.

WEST: FREE

Family Education

Car Seat Safety Checks

Call 616-4901 or 568-9601 for appt.

Fridays – Feb. 11, 25, March 11, 25 or April 8, 22; 3-5 p.m.

Tuesdays – Feb. 15, March 15, April 12; 5-6 p.m.

HEND; FTF: \$10 per family

Mommy & Baby Yoga

Moms and babies ages 6 weeks -1 year.

Fridays – 11:30 a.m.-12:30 p.m.

WEST: \$3 per class or 8 sessions for \$20

Fridays – 1:30 p.m.-2:30 p.m.

HEND: \$3 per class or 8 sessions for \$20

Toddler Play Group

Toddlers 3 and under join Family to Family Las Vegas West & Family to Family South for music and movement.

Tuesdays – 3-4 p.m.

WEST

Tuesdays – 2-3 p.m.

HEND

Infant Play Group

Join Family to Family for a weekly mommy baby group focused on infant nutrition – homemade baby food, weaning, starting solids, etc.

Mondays – 2-3 p.m.

HEND

Infant Development

Join Family to Family for a weekly playgroup geared toward the growth and development of babies up to age 1.

Wednesdays – 2-3 p.m.

HEND

Wee Can Sign: Baby Sign Language Level I

Parents and babies (birth to two years) learn ASL sign language.

Fridays – Feb. 18, 25, March 4 & 11; 9:30-10:30 a.m.

HEND: \$80 (includes Sign with Your Baby DVD)

Saturdays – Feb. 19, 26, March 5 & 12; 12:30-1:30 p.m.

Thursdays – March 24, 31, April 7 & 14; 11:30 a.m.-12:30 p.m.

Saturdays – April 2, 9, 16 & 30; 12:30-1:30 p.m.

WEST: \$80 (includes Sign With Your Baby DVD)

For more information, log on to www.WeCanSign.com.

Sing and Sign: Baby Sign Language Level II

For parents and baby graduates of Baby Sign Level I (up to three years old).

Thursdays – Feb. 17, 24, March 3, 10; 11:30 a.m.-12:30 p.m.

Saturdays – April 2, 9, 16 & 30; 2-3 p.m.

WEST: \$80 (includes Pick Me Up kit)

For more information, log on to www.WeCanSign.com.

PJ Story time with Miss Tawanda

Join Miss Tawanda in your PJ's as we decorate a fun craft and read some sleepy time stories. Teddy bears are welcome. Ages 12-48 months.

Wednesdays – Feb. 2; 10-11 a.m.

FTF

Bon Appetite Baby: Homemade Baby Food

Get the ins and outs of starting solids as well as some great recipes to make homemade baby food. Ages birth-12 months

Thursday, Feb. 10; 10-11 a.m.

FTF

Teens-n-Tots Playgroup

Join Miss Tawanda as we share and play with our little ones!

Friday, Feb. 18; 2-3 p.m., Tuesday, March 8; 10-11 a.m. &

Thursday, April 7; 10-11 a.m.

FTF

Explore & Learn with NEIS

Join Nevada Early Intervention Services for developmental activities and play. For children with or without disabilities, ages 12-36 months.

Fridays – 9:30 a.m. & 11:15 a.m.

FTF

Happiest Baby on the Block

Learn the award-winning techniques for soothing fussy newborns developed by Pediatrician Harvey Karp. Parent kits are available for check-out or purchase. Ages birth-3 months.

Thursday, March 3; 10-11 a.m.

FTF

Help! My Toddler Hits & Bites

Helpful tips to putting an end to hitting and biting. Ages 12-48 months.

Wednesday, March 9; 2-3 p.m.

FTF

Healthy Brains, Strong Bodies!

Explore brain development and ways to build healthy habits early in our children. Ages 12-48 months.

Tuesday, March 22; 10-11 a.m.

FTF

Bumps, Bruises & Rashes

Baby care with a twist with Miss Pam for helpful remedies for those unpleasant moments! Ages birth-12 months.

Tuesday, April 12; 10-11 a.m.

FTF

Teething Troubles

Helpful tips on caring for your teething baby, ages birth-12 months.

Wednesday, April 13; 10-11 a.m.

FTF

Love & Logic-Early Childhood Made Fun!

Learn practical skills to handle the most frustrating parenting concerns. Five sessions.

Wednesdays – April 20, 27, May 4, 11, 18; 3-5 p.m.

FTF: \$25

Mondays – March 21, 28, April 4, 11; 3-5 p.m.

WEST: \$25

Kickin' It with Baby - Teen Parent Program

Teen mamas and mamas-to-be join us for dinner, sharing and education. Earn baby bucks to shop in the baby boutique. Ages birth-48 months.

Thursdays – Call 568-9601 for dates and location

FTF



ONLINE REGISTRATION AVAILABLE for Family Education Classes.

Log on to:

www.strosehospitals.org

or call 616-4910.

ONGOING FAMILY EDUCATION CLASSES

Prepared Childbirth Classes - \$50-HEND & WEST

Childbirth Express - \$35

Bed Rest Learning DVD Module - \$50

Teen Prepared Childbirth Class - Free

Refresher Childbirth - \$30

Baby Basics - \$30-HEND & WEST

Grandparents Baby Basics - \$30-HEND

Breastfeeding - \$30-HEND & WEST

Infant CPR - \$20-HEND & WEST

New Fathers Lecture (NFL) - \$20 (includes car seat safety check)

Prenatal Yoga - \$3 per session

Mommy & Baby Yoga - \$3 per session

Pregnancy Smoking Cessation - Call the Nevada Tobacco Users Helpline, 877-0684

Siena Campus Maternity Tour - 3rd Saturday afternoon or 4th Monday evening

San Martín Campus Maternity Tour - 3rd Saturday

Call 616-4901 to register for the tours.



RESIDENCE 3

WHAT WAS ONCE DESIRABLE IS NOW IRRESISTIBLE.

From \$1,920/mo. PITI (3.157% APR)*

Let's say you want to be in the heart of Henderson and in the thick of recreation, shopping and schools—everything that growing families thrive on. Plus, you want a home that's roomy, with plenty of flex-spaces. With granite, stainless steel and design touches in a gated community.

And, naturally, you want it all for not-so-much. Fortunately, there's a solution. It's called Montclair. Call our Online Sales Counselor at (702) 604-3332 or visit PardeeHomes.com/Montclair.



Montclair

3-6 Bedrooms, 2-3 Baths
2,368-3,959 sq. ft.
From the low \$300s

NEW FLOORPLAN
NOW AVAILABLE



Call us at 702-492-0129 or visit us at 856 Valley Moon Court in Henderson.

 PardeeHomes® | Where smart solutions live.

Scan the code† to view our new plan.



*Rate and payment are for an FHA 5/1 ARM mortgage available exclusively through Pardee Home Loans. Payment is fixed for the first five years of the loan term. After year 5, the interest rate can adjust a maximum of 1% per year with a lifetime maximum rate 5% above start rate for the remaining 25 years. Any future annual change will impact your monthly payment. Example assumes sales price of \$335,725 with a 3.5% down payment and a loan amount of \$327,213, which includes financed FHA Mortgage Insurance Premium of 1.0% of base loan amount. Start rate 2.875%. Annual Percentage Rate is 3.157%. Initial payment of \$1,919.64 is principal, interest, FHA monthly mortgage insurance and estimated property taxes and homeowners insurance. First Adjusted Payment would be \$1,765.54 based on the current index plus the margin (fully indexed rate) as of 1/11/11. For FHA ARM interest rates, at adjustment, your new mortgage rate will be the average weekly yield on Treasury securities adjusted to a constant maturity of one year, plus a margin of 1.75%. All First Mortgage Products are provided by Pardee Home Loans, an affiliate of Wells Fargo Home Mortgage. Wells Fargo Home Mortgage is a division of Wells Fargo Bank, N.A. Landscaping, trees and shrubs not included in purchase price. All featured homes subject to prior sale. All square footage is approximate. Closing costs vary by neighborhood. See Sales Associates for details. †Requires reader to be installed on your mobile device. Contractor's License #3633A.

Children's Miracle Network Radiothon

720 AM KDWN and 102.7 The Coyote
Thursday, Friday and Saturday
February 24-26, 2011

When a child's sick – with croup, the flu or chicken pox – it tugs on a parent's heartstrings. When a child has cancer, heart problems or needs brain surgery, it touches the heart of every person who hears their story.

That's why 720 AM KDWN and The Coyote will broadcast stories of southern Nevada's "Miracle" kids during a three-day, Children's Miracle Network radiothon.

KDWN will broadcast live from St. Rose Dominican Hospitals – Siena Campus throughout the fundraising event.

"When a child has a serious illness, it can devastate the entire family – emotionally and financially," says Rick Kelly from The Coyote morning show. "Our goal is to round up the support of the community to ensure that sick children get the medical treatment – and special attention – they need."

Children's Miracle Network is a nationwide, nonprofit organization dedicated to saving and improving the lives of children by raising funds for children's hospitals across North America. In southern Nevada, 100 percent of every dollar raised by Children's Miracle Network in our community goes to the St. Rose Dominican Hospitals' Pediatric Centers to provide pediatric equipment, charity care and health education for children.

"If you can help out, call in your pledge or come visit us at the Siena Campus," says on-air personality Cadillac Jack. "You can make a credit card donation, write a check, drop off a wad of cash or give us your spare change. Every donation will help make an important difference."

Please tune in to help kids in need and make their medical miracles come true!

continued on page 18

"Miracle" Kids Lindsey,
Mason and Anthony

Alonso Fragoso



What is kindness?

Q A: Kindness is...Thoughtful Parenting. As a mother of a child who has battled cancer for four years, Maria says it's easy to want to spoil her child as a way to make up for some of the childhood opportunities he has missed. She resists babying him because, she says, "My job is to raise a kind, considerate, productive young man. Even though it is hard at times, I still require of him what I would of a healthy child. He still has chores, he is still required to be respectful of others and he still goes to time out on occasion."

— Maria Fragoso

Help Alonso hit a home run for Children's Miracle Network!

Alonso Fragoso dreams of playing professional baseball, so he was ecstatic to be drafted to a local Cleveland Indians T-ball team. He gave his all to the game and his team, but late one night, midway through his first season of T-ball, he began having difficulty breathing and suffered stomach pains so intense that his parents, Maria and Jaime, took him to the hospital.

As they waited for Alonso to be examined, thoughts about his illness played out in his mother's mind. "I didn't think it was anything particularly serious," says Maria. "Alonso's sister had similar symptoms when she was his age. When we took her to the hospital, they examined her, gave us medication and we were back home within a few hours."

Alonso went through a battery of tests and then, the following morning, Maria and Jaime were escorted into a small room and delivered news that came completely out of left field. Alonso had a hard-hitting form of lymphoma. A malignant tumor about the size of a baseball glove had almost completely paralyzed Alonso's lungs. His right lung was working with just 5 percent capacity and his heart had been pushed under his arm.

The Fragosos sat stunned though Maria distinctly remembers tear drops landing on her hands. They weren't hers or Jaime's – they were from the doctor who had to break the news that their son had less than a 5 percent chance of surviving.

That was four years ago. Alonso's treatment, which has included surgery, chemotherapy, radiation and blood platelet transfusions, has taken place at a number of local hospitals in the Las Vegas valley. The Fragoso family is deeply appreciative of all the physicians, nurses and medical centers that have helped bring Alonso where he is today – cancer free. Maria feels especially comfortable that St. Rose Dominican Hospitals and Children's Miracle Network are always on their game.

“Alonso has had cancer treatment at St. Rose, but the hospital has also cared for him on a number of other occasions – such as when he suffered a terrible allergic reaction to an over-the-counter allergy medication and had to be hospitalized for weeks,” says Maria. “There is a doctor available for Alonso and to us around the clock in St. Rose’s Pediatric Unit, and I’ve found that the physicians and nurses are incredibly knowledgeable and experienced in treating cancer and so many other illnesses. It gives me such peace of mind.”

When Alonso heard that Children’s Miracle Network was holding a radiothon to raise funds to help sick children treated at St. Rose, he was quick to step up to the plate to ask southern Nevadans for help. Here is Alonso’s pitch:

“Please help me raise funds for Children’s Miracle Network. Together, we can see that kids get important treatments – and maybe even some toys and games to play with when they have to stay in the hospital. Your donation can help sick kids get better – and it will make you feel good, too!”

Tune in to help kids like Mason and Anthony!

On Thursday, February 24, Mason and his baby brother, Anthony, will be listening to the launch of the three-day Children’s Miracle Network radiothon – and it will be music to their parents’ ears.

Both of Jennifer Millner’s boys were born with craniosynostosis, a condition caused when one or more of the sutures that hold the five thin, bony plates of a baby’s head together fuse too quickly.

In both Mason’s and Anthony’s cases – which had a genetic cause – all of their sutures began to close too soon leaving their brains little room to grow. A child’s brain reaches 70 percent of its adult size by the end of their first year, so both boys were at risk for severe brain damage, abnormal head and facial development and profound hearing loss.

Neurosurgeon, Dr. Randal Peoples, performed skull-expanding surgeries on each of the boys when they were infants to relieve the pressure on their brains, allow their brains to properly grow and improve the appearance of their heads and facial features. It wasn’t certain, however, that relieving the pressure inside their skulls would improve their hearing.

Mason, now in fourth grade, excels in math and science, plays football and hears just fine.

Anthony’s care has been more complex because he also has a rare form of hydrocephalus, a condition that typically causes cerebral spinal fluid to build up inside the skull around the brain. In his case, however, pockets of cerebral spinal fluid build up on the outside of his skull which has required a string of surgeries and ongoing care to treat.

Jennifer is thrilled that in spite of it all, Mason has reached developmental milestones such as walking, talking and hearing right on track.

“We came to St. Rose because of Dr. Peoples, and we continue to entrust our most priceless possessions to him and to the hospital. Everyone at St. Rose – whether doctors, nurses or housekeepers – goes beyond the call of duty,” says Jennifer. “They not only provide

exceptional medical treatment, they also display a warm bedside manner that puts every member of our family at ease.”

When asked what she might want people to hear during her 15-seconds of radio fame, Jennifer says: *“We couldn’t even begin to afford the treatment Anthony has required without the support of the donations made to Children’s Miracle Network by our community. He is a miracle. We would be grateful if people would donate whatever they are able to help ensure that other families in need benefit from the incredible care and kindness we’ve received through Children’s Miracle Network and St. Rose.”* **WG**

Jennifer, Mason and Anthony Millner



GIVE A LITTLE, RECEIVE A LOT.

The National Institute of Health studied the brain activity of people given virtual money as part of a video game. Those who gave the money away as an act of kindness rather than keeping it for themselves, activated the brain’s production of hormones that produce positive emotions.

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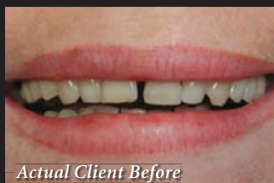
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ORAL HEALTH EMERGENCIES

Americans make more than 85,000 emergency room visits based on gum and periodontal problems each year at a cost exceeding \$33 million. The frequency and cost of such visits could be dramatically reduced, says Dr. Patrick Simone, DDS, if Americans put greater emphasis on visiting their dentist on a routine basis – and when oral health problems arise. Less than half of American adults visit a dentist at least once a year.

Harvard researchers studied information from 24 states and found that more than half of these visits were for gingivitis – the mildest form of gum disease – and another 45 percent were for advanced periodontal disease. The average cost of such visits is high: \$465 for an emergency room visit and \$15,249 for hospital treatment.

“The relationship between a dentist and patient goes beyond cleaning teeth and filling cavities,” says Dr. Simone.

“Your dentist can help detect and treat problems such as gum disease before they become costly and dangerous.”

Seniors on Medicare were more likely to be admitted to the hospital than younger people with private health insurance, public health insurance or no insurance. However, Dr. Simone says, advancing age wasn't the only risk factor for hospitalization due to dental problems. People with health conditions such as high blood pressure, chronic lung disease, diabetes and depression were more likely to be admitted to the hospital.

People with severe periodontal conditions such as abscesses and bacterial infections in their gums were also more likely to be hospitalized because they can become life-threatening if not treated.

Be Kindhearted

Sean Ameli, M.D., a local cardiologist and the immediate past president of the local chapter of the American Heart Association, routinely provides his patients and peers important information regarding heart health. We asked him to offer our readers a few ideas on how you can help protect or improve the heart health of yourself and others – including strangers. Here are a few of his great ideas:

Give women a voice in your workplace. A major study presented at the American Heart Association's annual meeting indicated that women who face high job stress and strain ("strain" is defined as demanding work with little decision-making authority or ability to use one's creativity and skills) have a significantly higher risk of suffering a heart attack or other adverse cardiovascular event compared to those who report less stressful work lives. If you're an employer or manager, make the effort to involve the women who work for you in making decisions – whether it is implementing new ideas to make their work more efficient or satisfying, or asking for their input and support in planning company functions such as trainings, holiday parties or employee recognition campaigns.

Give a heartfelt "thank you" to those who do the most thankless jobs. People who carry out the "Top 10 Most Thankless Jobs" are more prone to depression that is directly linked to an increased risk of heart disease.

1. Nursing home/child care worker
2. Food service worker
3. Social worker
4. Healthcare worker
5. Artists, entertainers, writers
6. Teachers
7. Administrative staff support
8. Maintenance and grounds workers
9. Financial advisers and accountants
10. Salespeople

Kick the secondhand smoke habit. According to Dr. Ameli – and the Surgeon General – there is no safe level of exposure to secondhand smoke. Nonsmokers exposed to secondhand smoke at home or work increase their risk of developing heart disease by 25 to 30 percent and lung cancer by 20 to 30 percent. This is a major public health concern because nearly half of all nonsmoking Americans are still regularly exposed to secondhand smoke. **WC**

JOIN DR. AMELI FOR A DISCUSSION ON HEART HEALTH. SEE CALENDAR PAGE 11 FOR DETAILS.



Sean Ameli, M.D.

Be Kind ... It's Healthy!

Demonstrating kindness isn't just the decent or right thing to do, it's also a healthy behavior that benefits the giver, receiver and witnesses. Engaging in acts of kindness, even as a spectator, can increase the level of the mood-enhancing chemical – serotonin – in your brain. This raises your spirits and induces a long-lasting period of serenity capable of lowering feelings of stress, depression, isolation or hostility. It can also improve your immune system making your body better able to fight off or recover from health issues such as ulcers, fatigue or insomnia. The same brain chemicals that cause these good feelings also reduce physical pain (from headaches and back pain to fibromyalgia).

When cultivating your kindness, keep the following in mind:

Think small and act often. Even if you don't have the resources to end world hunger – or give a person in need the shirt off your back – your little acts of kindness can make a big difference.

Faking it is ok. Smile when you don't feel like it – or when there is no one around to witness your smile. Doing so can still trigger a chemical response in your brain that begins to boost your mood. Don't believe it? Smile as you read each page of this issue of *WomensCare* magazine. For a bigger challenge, take on the next person who is discourteous or unkind to you and "kill them with kindness." Chances are, you will feel better – even if it's only because you didn't lose your temper.

Everyone needs a reminder now and then. Schedule daily, weekly or monthly appointments to help you complete your acts of kindness.

A Major League Stroke

Peter Harvey's team hadn't won Major League Baseball's World Series since before he was born, and he still has a hard time accepting the fact that he might have died – or been significantly disabled – before they captured the 2010 championship. Fortunately, his family recognized that he was having a stroke and got him to St. Rose Dominican Hospitals in time to receive tissue plasminogen activator (tPA), a drug that can dissolve the blood clots that cause most heart attacks and ischemic strokes.

WC: *If your dog fell in the pool and couldn't swim, would you jump into your cold pool to save his life – and if so, how fast?*

Peter: *Yes, without hesitation.*

This was one of the last questions Peter Harvey was asked during his interview with *WomensCare* magazine. The first question of the interview was, "Would you share your stroke story with our community?" St. Rose Dominican Hospitals and The Barbara Greenspun *WomensCare* Centers of Excellence are grateful that Peter answered "yes," without hesitation, to that question, too.

The Ball Game

On October 30, 2010, the San Francisco Giants and Texas Rangers squared off for game three of Major League Baseball's World Series. Peter's favorite team, the Giants, dominated the first two games in the seven-game series but trailed the Rangers throughout much of the third game.

Peter was anxious about the game, so he decided to step outside to get some fresh air and throw the ball to his dogs. One of his dogs, a short-legged dachshund named Addison, went long for a ball and fell into the swimming pool.

Fortunately, Addison could swim. With Peter's encouragement, she paddled to the side of the pool where Peter retrieved her – without jumping in – and although dog and master were a bit shaken by the mishap, Addison soon regained her bearings and was ready to play fetch again. Peter tried throwing the ball to her again but it just rolled right out of his hand. He had suddenly lost all sense of coordination in his right arm and his tongue had gone numb.

Peter's strange symptoms seemed to go away as quickly as they had appeared, but when he tried to call to Addison, no words would come out of his mouth. After several unsuccessful attempts to speak, Peter pulled his cell phone out of his pocket and sent a text message

Peter Harvey
and Addison



to his wife, Ivy. It read: Don't freak out. I am out in the backyard. I can't speak. I might be having a stroke.

Ivy read the text and rushed to the backyard ready to call 9-1-1. Using hand and facial gestures – and the limited speech capabilities he had started to regain – Peter tried to reassure Ivy that all of his symptoms were fleeting and he would fully regain his speech, so he didn't want her to call for an ambulance.

Unconvinced, Ivy phoned their son, Jamie, who showed up a few minutes later to find Peter resting on the couch with Addison watching the baseball game. Jamie, a UNLV senior who hopes to go to medical school, urged his father to get to a hospital and explained to him that tPA can break up the type of blood clots responsible for the majority of strokes if a stroke victim gets to a hospital within three hours of the onset of symptoms.

Peter continued to sit, to wait and to watch the game. "I guess I was stubborn because I didn't completely comprehend the severity of the situation," says Peter. "Most of my symptoms were fleeting. Beyond that, I wasn't the one who fell in the cold pool, I wasn't in pain and I hadn't seen my life pass before my eyes. I figured that if I took it easy for awhile, my speech would return and I'd be OK."

WC: *If the Giants had a real chance at winning the third game, would you have gone to the hospital?*

Peter: *I probably would have hesitated. I would have held out on going to the hospital until I was sure the Giants won the game.*

Peter's frustration over the game and his family's pleadings helped save his life. He finally agreed to go to the hospital and made it to St. Rose Dominican Hospitals – Siena Campus, a Joint Commission-certified primary stroke center, within three hours of the onset of his symptoms. St. Rose's stroke team, led by Dr. Scott Selco, treated Peter with tPA.

Peter realizes that given the circumstances of that particular day, he would have acted more quickly to save his dog's life than his own. He feels a bit embarrassed about eschewing immediate medical care but has learned that his reaction to stroke symptoms was not uncommon. People experiencing stroke often dismiss or downplay their symptoms, and they tend to believe, like Peter, did that their symptoms will pass if they rest. Other stroke victims admit that they were embarrassed to go to a hospital, fearing that they would find out that their symptoms weren't related to stroke after all.

An MRI and CT Scan confirmed that Peter had, in fact, suffered a left frontal ischemic infarction – a type of stroke that was consistent with his symptoms. By performing an ultrasound study on Peter, Dr. Selco also discovered that Peter had a small opening between the upper two chambers of the heart that had failed to close after birth. The condition might never have caused Peter any major health problem, and Dr. Selco still isn't sure how significant of a role it played in his stroke (even though it's considered a contributing factor in many strokes suffered by adults under the age of 55).

Dr. Selco says that in Peter's case – the bases were loaded. "Peter suffered from a number of stroke risk factors including high cholesterol and high blood pressure," says Dr. Selco. "It's feasible that



What should a person (or bystander) do if they believe they are having a stroke?

A: Call 9-1-1 immediately and tell the operator that you believe you – or another person – are having a stroke and need to get to a primary stroke center. If you are not sure it's a stroke, remember this acronym:

ACT F.A.S.T.

An immediate response to stroke symptoms – your symptoms or those of another person – is critical to surviving and surpassing brain attack. Use the F.A.S.T. test to recognize and respond to stroke symptoms:

FACE Facial droop/uneven smile

ARMS Arm numbness/weakness

SPEECH Slurred speech/difficulty speaking or understanding

TIME Call 911 and get to the hospital immediately

Addison's accident, coupled with the stress he felt over the game, spiked his blood pressure. That rush of blood through the hole in his heart could have contributed to his stroke, but the bigger issues in Peter's case – and in most cases of stroke – are the risk factors that can be detected and controlled."

Two months after suffering a stroke, Peter is still going to speech therapy on a regular basis but feels fortunate to have his health and to have seen the Giants finally win the World Series. **WC**

CONTROLLABLE RISK FACTORS FOR STROKE

According to the National Stroke Association, the following are considered controllable risk factors of stroke:

- High Blood Pressure
- Atrial Fibrillation
- High Cholesterol
- Diabetes
- Atherosclerosis
- Circulation Problems
- Tobacco Use and Smoking
- Alcohol Use
- Physical Inactivity
- Obesity

continued on page 25



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Doctor Does Life-Saving Double Duty

Dr. Scott Selco's job as the medical director of St. Rose Dominican Hospitals' stroke program keeps him moving in multiple directions to expedite the care stroke patients receive. That's why St. Rose is investing in a highly advanced telemedicine program – featuring InTouch RP-7i® robots – that will allow him to be in two places at the same time.

"We continually urge the public to act F.A.S.T. in the event of a stroke, so the last thing we want a stroke patient to encounter is a treatment delay," says Dr. Selco. "Our RP-7i robots will allow me and our other stroke specialists to be readily available to patients at all three of our campuses, through remote presence, whether it's day or night, even if we aren't physically on site."

The RP-7i system installation at the Siena Campus will be complete in March, and implementation of the system will continue during the spring months at the Rose de Lima and San Martín campuses.

Using the new technology, Dr. Selco will be able to quickly log on to a RP-7i ControlStation – and control an RP-7i robot – from any of the three St. Rose campuses or anywhere he has access to a laptop computer and the Internet. ControlStations are equipped with video cameras, microphones, joysticks and specialized software that are linked to the Internet via a broadband connection and will allow him to be available to patients and staff remotely within minutes.

Because the robots have built in two-way cameras (with pan, tilt and zoom capabilities), microphones and monitoring equipment on a motorized platform, Dr. Selco will have the ability to direct the robot to a patient's bedside, observe and hold conversations with the patient and consult with the on-site medical team. The robots are also equipped with technology that will allow him to perform real-time evaluations and review medical data such as the patient's medical records and diagnostic images. If Dr. Selco confirms that the patient has had a stroke, he can recommend treatment that can be quickly delivered by the emergency medical team under his guidance.

"Many areas, such as southern Nevada, face physician shortages, so doctors face severe demands on their time. RP-7i robots will not replace the treatment and human touch provided by the emergency room or intensive care doctors and nurses at our campuses," says Dr. Selco. "The technology can, however, allow St. Rose neurologists to offer our patients and medical staff timely, consistent, high-quality consultations when emergencies such as stroke occur."

According to the American Heart Association's scientific statement, examining stroke patients via telemedicine is as effective as a bedside



Dr. Selco is a stroke expert – the kind of neurologist you want at your hospital bedside in the event that you experience a stroke. Through the use of a telemedicine robot called the RP-7i® he can be – even if he's miles away from the hospital.

exam – and can increase patient access to stroke specialists. Mayo Clinic's five-year study of nearly 300 stroke patients diagnosed remotely through audio-visual telemedicine systems found that the correct emergency stroke treatment decision was made 96 percent of the time (compared to 83 percent accuracy for diagnosis and treatment decisions made by phone).

Telemedicine is effective in both rural settings where patients do not have convenient access to major medical centers and in urban areas where there are a limited number of stroke specialists (it's estimated that there are only four neurologists per 100,000 people in the United States) or traffic congestion affects how quickly they can get to hospitals to evaluate stroke patients. **WC**

TO LEARN MORE ABOUT ST. ROSE'S TELEMEDICINE ADVANCEMENTS, LOG ON TO STROSEHOSPITALS.ORG.

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Colorectal Cancer: Detectable, Treatable and Beatable



Colorectal cancer is the second-highest type of cancer death in the United States, but the news about this disease isn't all bad. Reliable screening tests for colorectal cancer make it detectable, and when it's found early, it can be very treatable – and beatable.

It's estimated that as many as 60 percent of colorectal cancer deaths could be prevented if all men and women 50 years or older were screened routinely. That's because, in most cases, colorectal cancer develops from precancerous polyps (abnormal growths) in the colon or rectum. Screening tests can find these precancerous polyps so they can be removed before they turn into cancer. Screening tests also detect colorectal cancer early, when treatment works best.

Routine screenings cannot be stressed enough because colorectal cancer typically exhibits no early warning signs. It's only once the disease has progressed that most patients notice symptoms such as blood in their stool, abdominal pain, a change in bowel habits, unexplained weight loss or fatigue. By the time these symptoms appear, tumors tend to be larger and more challenging to treat.

Any cancer diagnosis is hard to stomach, but when colorectal cancer is detected in its early stages, it is 93 percent treatable. **WGC**



When should I get screened for colon cancer, and how often should I have follow up screenings?

A: The recommendations for colorectal cancer screenings are as follows:

- Begin screening for colorectal cancer at 50 years of age.
- Talk with your doctor about whether you should be tested earlier or more often than other people if:
 - You or a close relative have had colorectal polyps or colorectal cancer
 - You have a history of breast or ovarian cancer
 - You have inflammatory bowel disease

AN OUNCE OF PREVENTION MAY PREVENT COLORECTAL CANCER

Eating a nutritious, low-fat diet rich in fiber, fruits and vegetables – and controlling your body fat – could substantially reduce your colorectal cancer risk. The National Cancer Institute recommends a low-fat diet that includes plenty of fiber and at least five servings of fruits and vegetables per day.

Getting regular exercise – 30 minutes or more – most days of the week can help lower your colorectal cancer risk. Some studies estimate that it may reduce risk by as much as 24 percent.

Drinking less alcohol and giving up cigarettes can help those that indulge regularly reduce their risks substantially.

COLORECTAL CANCER AWARENESS MONTH

March is Colorectal Cancer Awareness Month. St. Rose Dominican Hospitals and The Barbara Greenspun WomensCare Centers of Excellence – with support from the Nevada Department of Health* – can help you improve your health and reduce your colorectal cancer risk.

If you are over 50, join St. Rose for a healthy lunch and lecture on colonoscopy and colon cancer prevention and receive a free EZ Detect FOBT kit. Reservations required call 616-4900.

Tuesday, March 29; 11:30 a.m. – 1 p.m. Siena Campus MacDonald Conference Center
Thursday, March 31; 11:30 a.m. – 1 p.m. San Martín Campus Aljian Conference Center

Free EZ Detect FOBT kit, also available through March at the WomensCare Centers.

* This event is supported by the Nevada State Health Division through CDC grant 5058DP000804-04, it's content is solely the responsibility of St. Rose and affiliated physicians and does not necessarily represent the official views of NSHD or the CDC.



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Dancing their way to developmental milestones

Get your children moving, grooving and developing important motor skills. See WomensCare calendar for Dancing with Miss Jenny® class times and locations.



Recycled newspaper pom-poms, paper plate tambourines and shiny globes. That's what Dancing with Miss Jenny® classes are made of – and kids love it. They become so focused on Miss Jenny's entertaining personality and interesting props (including her colorfully adorned apron), that they have no idea that the various dances they do are designed to help them reach age-appropriate benchmarks for cognitive development and gross and fine motor skills.

Miss Jenny earned her bachelor's degree in dance while working in UNLV's preschool and she continued to teach there for a number of years after graduating. "I lived and breathed early childhood education during that time," says Miss Jenny. "I had the opportunity to work side by side with the physical, occupational and speech therapists who work with young children and to take a number of early childhood education classes."

Since then, Miss Jenny has combined her dual passions of dance and working with children to develop a curriculum that aids in their physical and emotional development.

As children jump and jiggle to music, they practice picking up and putting down props like spatulas with their index fingers and thumbs which helps them develop the motor skills necessary to pick up and hold a pencil correctly. Miss Jenny also encourages balance

moves like clapping or hopping on one foot – which requires focus and the coordination of the eyes, ears and muscles – to develop the skills necessary to complete complex tasks.

Miss Jenny's little dancers also engage in reading-readiness moves such as tapping one foot while shaking a pom-pom with the opposing right hand – or touching the pom-pom in their right hand to their left toe – which requires crossing the body's midline. Education research indicates that developing the physical coordination to perform movements that require crossing the invisible line running from the head to the toes and dividing the body into left and right halves – or using an opposing arm and leg at the same time – helps children learn to read and write when they enter school.

Of course, Miss Jenny doesn't feel little kids need to know that they are developing these skills. "They're here to have fun and, hopefully, through participating in developmental dance, they'll find learning to read and write enjoyable when the time comes."

Dancing with Miss Jenny classes are offered at The Barbara Greenspun WomensCare Center of Excellence for a nominal fee, are open to children with and without disabilities and require no special clothing or equipment. Check WomensCare Calendar page 14 for class times and locations. **WC**

Dr. Q's Winter Prescription:

February

Pruning ideas: Prune deciduous trees and shrubs as needed. Remove dead, broken or dying branches. Create open canopies. Don't forget safety! Use goggles and gloves.

What to fertilize: Fertilize deciduous fruit, nut and shade trees. Use Dr. Q's Fruit and Nut Tree Food or Dr. Q's Tree, Shrub and Vine Food. Apply according to rates on the bag.

March

Prevent weeds before they start: Weeds are starting to grow fast, because it is warming up. Now is when they are also easier to control. Use a pre-emergent weed killer like Preen for your planter beds or garden (always read the label first).

Plan before you plant: Rotate your vegetables, herbs and other annuals in your garden. Avoid planting them in the same spot year after year. Rotating can help prevent disease and pest populations from increasing. Visit StarNursery.com for the best advice.

April

Clean up dead flowers and suckers. Then fertilize with Dr. Q's Rose Food. Feeding blooming plants will keep them flowering throughout the season. Check for signs of aphids, use Bayer Advanced Dual Action Rose and Flower Insect Killer to control.

Planting ideas: Plant your citrus, melons, herbs, and squash. Be sure to use Dr. Q's Vegetable and Herb Planting Mix. For seasonal color, plant petunias, marigolds and dianthus.

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*Forget injuries,
never forget kindnesses - Confucius*

Be Kind... Wash Your Hands.

Washing your hands with soap and water is one of your best defenses against fighting the germs that cause colds and the flu. It may also be a successful way to protect yourself from the spread of negativity and anger, says Sister Phyllis Sikora, vice president of Mission Integration for St. Rose Dominican Hospitals – Rose de Lima Campus.

“When you allow the unkind gestures of others to affect you – or you harbor unkind feelings in our head and heart – it can be emotionally and physically harmful to you,” says Sister Phyllis.

That’s why she recommends finding a sink and doing yourself the symbolic favor of washing your hands after you’ve had a bad day or a negative interaction with someone else. As you wash your hands, imagine all of your unhealthy, unkind thoughts and emotions being cleansed from your body and washed down the drain. **WC**

WHAT ARE YOUR KINDNESS CUES?

- Do you have a cleansing thought such as a quote, a mantra or bible verse to calm you and clear your negative thoughts?
- Do you wear an emblem such as a cross, peace sign or heart you can touch each time you need help being kind?
- Do you imagine the inconsiderate behavior of others rolling off your back like water off a duck’s back?

*Kind words can be short and
easy to speak, but their echoes
are truly endless - Mother Teresa*

LETTING GO OF GRUDGES CAN BE A GIFT TO YOURSELF.

Forgiving someone for the hurt or humiliation they have caused you may – or may not – change their behavior or lead to a mutual reconciliation, but you can still benefit from letting go of grudges. It can help improve your spiritual and emotional well being and enhance your physical health by lessening your stress, reducing your blood pressure and possibly decreasing symptoms of depression and chronic pain associated with hurt and hard feelings you’ve harbored.

WORKOUT YOUR FEELINGS.

If something or someone has got you frustrated or fuming, go through the steps of working your feelings out while you exercise. You feel physically and emotionally better for it!



Join St. Rose Dominican Hospitals on Facebook to share an example of how you or someone you know is helping spread kindness on southern Nevada or, share details about how people can help support community members in need.

Check our page regularly. We will be giving away Be Kind T-shirts (10 T-shirts) during February.



St. Rose Dominican Hospitals

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